

M-270  
Wednesday January 31, 1962  
Played on Thurs May 10, 1962

Claire Leffel  
Hilda and Robt. Gardiner  
Taylor Morris  
Lotte Karman  
Helen Crabbe  
Don and Lita Harrison  
Robt. Schoenholt  
Terry Owens

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QUESTION: (Lotte Karman) I do not understand about people who go to the farm to wake up. I can only wake up if I prepare. I don't understand what it means to work without results.

ANSWER: It is complicated. When you play, you work for a result. That is different. Can you conceive of going to the door without a result.

QUESTION: The result would be that I would go out the door.

ANSWER: There is no result if you don't open the door. If you just walk up and down a room, what reason would you have to do that? You have to have a good reason for doing it. Supposing you walk around for five minutes and then you introduce the wish to be awake. That is the result. If I continue to walk, it is for the chance to wake up. The ~~xxx~~ means if walking; the purpose is to be awake. I have to stop at the point that I wake up and not start thinking about it. You have to have an aim but the aim is not linked up with the result. You have to have a wish to be awake. The result is only in terms of being awake. Don't expect any results; just walk. Use it as an opportunity for trying to be awake. When you wash dishes to result is not to have clean dishes but to watch yourself when you clean them. If the result is awareness, then it is correct. Awareness is not a thought. Try to watch the movements of your body. Make movements only to have a chance to see them. Awareness falls into the trap of becoming a thought process very easily. When you realize that it is gone, you have to try to be aware again. When I am aware, it does not allow any thought about myself. It is only a statement of fact that I exist. It is difficult because of the idea of making a moment simultaneous. No description, no liking or disliking can enter. I just accept the fact that I walk. When I become aware of someone else walking it is as if someone else sees me walking. Have you ever had a realization that you are sitting in a chair? It does not last. You always have the same trouble because you go all the time by your memory. You just have to have a picture of yourself sitting there and then it will disappear. As a result of a shock or of an attempt to see myself, I can have that picture. Try to see yourself engaged in whatever activity you do. When you wash dishes, the activity is that you wash dishes. Your hands are directed by your head. Have you ever seen yourself standing in front of the sink? Can you see yourself as if you are on the outside, on the ceiling? Try it now. Can you become aware of your existence as if something of you is looking at you? As if something of you is separated? It is difficult because you mix it up all the time with a thought process. The acquisition of a new faculty enables me to become aware of myself and register the fact of my existence. Get away from the idea that someone else washes the dishes. It is you. It needs a separation as if I look at someone else; as if I am present to the presence of someone else. But I do not wish to change. In my mind, it must be the same kind of process. It is only the registration of that person as an image in my mind. Now I change the focus from someone else to myself without changing the process.

QUESTION: (Joy Jackson) Two weeks ago, I had a task to wake up at seven o'clock without an alarm clock. I did not look at the clock because I felt that I was too concerned about the time.

ANSWER: If you want to wake up at seven o'clock you need a clock. I try in my ordinary life to do certain things to gain control over myself.

I want to establish a relationship between my mind and my body. My body does whatever it pleases without consulting my mind or my emotions. Many times I wake up in the morning like a chicken without a head. The body is ~~xxxx~~ very opposed to follow a command of my mind. I establish a master; someone who has authority. As a result, my body knows that it has to respond to that kind of order. I now want to exercise the control of my mind of my body. You do not want a clock but you have to check yourself. How else will you know if you have done task? In your mind you have a certain vision of what the clock looks like at the time that you want your body to wake up. If you pick seven o'clock, your body has to check on it when it wakes up. I can do this if I really wish it. The body will conform.

QUESTION: I woke up during the night five or six times. What is the reason for that?

ANSWER: It is because of your anxiety of not wanting to miss the opportunity of waking up at seven o'clock. If you have to make a train a certain time, you will look at your watch several times because you know that you have to do something and you do not want to lose out. You know many anxious moments like that. If I become concerned about wanting ~~the~~ to do something, my emotion will have to take part in it. In this case, it is partially the fear of not being able to report on having fulfilled the task. This is all for the sake of trying to establish a relationship. When you have something that you can rely on, you will know that you will be able to wake up without an alarm clock without having to worry about it. The aim is establish a relationship between two centers. I make the law so that they will both work together harmoniously. I become emotionally engaged in my aim and then three ~~xx~~ centers are involved. In ordinary life, usually only one center is engaged in what I do. With this system of engaging three centers something of me becomes a little more superior; it is my mind. It is very important to have this. At certain times I need to have my mind take control. If I do not develop this control I will not be able to know what to do, to say, in certain situations. The aim is to become somebody who can rely on his instrument, on his body. I am weak. I always react and therefore I am not dependable. I have to learn how to become dependable. In ordinary life we are expected to fulfill certain deadlines and requirements. Who in me tells me what I have to do? My mind says, "Yes" and my heart says, "No." This is preparation for making my body an instrument that will do what I want it to do. For this I have to build control. What does a doctor do in the middle of the night when he is called? Do you think ~~xxxxxx~~ his body likes to get up? No. What do I do when I have a task? I take an oath. I believe that there is a possibility that my body, that the totality of me, can be changed into something more harmonious. For this, I start to establish a conscience; something that tells me to do something in order to become reliable. It is something to which I will submit. It is an authority to which I can listen. I try to establish in this way something like a religion for myself. If I do, I will become superior. The reason for having a religion is for a human being to become like God. I know that I am not like God. I believe that I ought to be. Each person does because each person has that spark. When I say I wish to grow, it is something in me that is like God at the present time. My intent now is how to establish certain conditions by which the bonds can be cut; changed, so that I am free. The ultimate aim is to have that kind of

freedom. Then the totality of me becomes real man. All of that is involved in doing a task. If it involves checking the clock, then I have to do it. I want to grow, to live in accordance with a higher law, with that what I hope I could become. This can not be understood unless I have aspiration towards something else. Something in me will rebel if I can not do what I think I ought to be able to do. It may make me cry. I have to learn how to do a few things right. Then I will be a different person because I will not be habitual and I will wake up with all of me. If I realize that I am asleep, I wish to be awake. If I believe that the state of sleep does not belong to me as a man, then I will work. I have to have a fervent wish to try to work. It is not a command from God. Why should I work now in order to go to heaven after I die? It is an idiotic statement to say that I will go to hell and burn. The meaning of it is hell on Earth and heaven on Earth. I want to have energy left over in order to grow up to another level. I can also say that I want to listen to my conscience; that I wish to fulfill my function in life. It all comes down to: What am I now? What do I have to depend on? If a task is too big then take a smaller one. I have to have constant alertness for the possibility for I never know when it will come. It is your life; no one else's. For that, I want a real wish. How can I begin? Little by little. I have to introduce objectivity or else I will never become a harmonious man. It can only be reached by the introduction of something that does not belong to Earth. Maybe after many years I will reach that plane. Pray to yourself; to that what is innermost in you. Try to be for yourself. Ask yourself, What can I now do for my life? Something in me has to say, "I will go that way." It cannot be lukewarm; either hot or cold. Lukewarm I spit out of my mouth. I can not be wishy-washy. I have to be strict about a few small things within my means. Make an aim of that kind and see what happens.

QUESTION: (Hilda Gardiner) I had a task to remember myself while washing dishes for five minutes each day. I tried to be aware of myself and of that what I was doing. I got no obvious results.

ANSWER: We don't look for results.

QUESTION: I had enthusiasm which lasted until Sunday. By Tuesday I couldn't stand doing it. I disliked doing it because I did not feel like doing it and yet I felt that I should do it. I saw a part of myself, an "I", which is very irresponsible, that did not want to do it. This happens to me all the time.

ANSWER: If you make yourself do it, you also have the added obligation of being awake. If it does not result in being awake it has no value. It is a relationship between you and yourself. You do it to give yourself an opportunity to be awake. We want to become something that is more substantial, more real, more myself. That I wish to see. When I object to doing a task it is my ordinary personality that objects. Personality will never find a reason for waking up. Only something that is inside is interested. See it as something like a child in you that wishes to grow. It is a sub-conscious, essential quality in you. This is the beginning of conscience. It is a remnant of the influence that the sun had on me when I was born. I want to go to the sun. It is my inner life. It will guide me; it will tell me where I must go and what I must do. If I sometimes follow the glib, ordinary answers in me, I will not want to do the task. The essential

wish is covered up. You forget your purpose. If you remember that you do it in order to become conscious then an element would be there that would help you. I lose the impetus and the energy and I run back to Do without the desire to change. The amount of wish and energy is so small that my ordinary life has covered it up. At a time like this, I sit; relax, take away thought, just become aware of this lump of flesh. Then there would be no interference with that what is more important, to come to myself. I weigh the two forces within me. If I come to the point of realization that I wish and I don't wish, that I eat or I am eaten, then, maybe, I can try. I start to talk with myself. Something in me realizes my situation and produces wish. I now become impartial to that what did not do the task. I must accept that as myself. ~~xx~~ That acceptance has within it a kernel of truth. Then you may have the possibility of becoming stimulated for another attempt.

QUESTION: But I find that this part of me is in all of my life and I am familiar with it. I immediately recognize it for ~~my~~ what it is. I do not let it come in too much.

ANSWER: Then why didn't you do that on Monday? Your week runs down. Can you prepare for it so that when it comes you will not allow it to interfere? The thought has to be destroyed when it comes up. But you can only do it when you are reminded to be awake. Say, "I do not wish that." Will I allow it? No. When I see it coming I should not allow it to get hold of me. I should try then to wake up. When the thought comes, I say, "No. I have a task." Effort means I have to do something. It will not come naturally. It has to be worked for. I have to work for it. I put my little wish in the upper hand. It is like being the mother to the child. Mother wishes the child to grow and therefore gives it food by being awake. Only that way can something in you grow. You have to be more strict with that. You know what is in your way. Tell it to go. You know that your week goes down; this week make it go up. But you must make up your mind about it now. I cannot change the law but I can change myself. I can put things in myself that cannot be touched by the law of gravity. I can become less dense. I introduce something of a different quality; something that cannot be touched by the ordinary laws of Earth.

QUESTION: Once I tried to remember myself and I was separated from myself.

ANSWER: It is as if ~~xxx~~ one is present to oneself. It is right. But I fall asleep too easily and therefore I have to remain active. Because of that kind of dynamic condition of activity it is more possible for me to remain awake. When the body is occupied, it creates around it an atmosphere of dynamism. Work is more conducive in this kind of atmosphere. Meditation and contemplation, except only in extreme cases, is therefore quite deleterious. I need constant attention for being awake and I can create that by being engaged in small activities.

QUESTION: (Jerry Schultz) I work as a waiter and I would like a task.

ANSWER: Before it becomes too busy, select one table and then intentionally see yourself put the dishes in front of them. Become aware of that what touches the plate, of your arm having a certain tension. See this and wake up to this. Do it when you are not too busy. It is a task that is in the midst of life and it is an opportunity for you to have sensation. Try also when you pour water in the glasses.

QUESTION: (John Estridge) I had ~~xx~~ a task to report on a painting job I had to climb up the ladder and I had to observe myself. The first thought I had was to get it over with as quickly as possible. Then I wanted to turn on the radio and be entertained. Then I got involved and I tried to see what my purpose was.

ANSWER: How do you dip the brush in the paint? On the left or the right? Try, again and again, when you dip the brush in to become aware of that movement. You will become engaged when you do that and you will have to slow down. The task is also to see yourself when you wash the brush. Try to be awake all during that period when you wash it. It is a very good task. When you reach above your head to paint, it is also a good opportunity to be awake. Try to see yourself very simply.

QUESTION: (Charles Wittenburg) I had a very strange week. Could you explain it? I thought I had a wish to be involved in doing a task. I had a conversation with myself. I would ask calmly, "Do you wish to be awake?" And the answer calmly came back, "No. What you want is success in life." Then I would ask, "Do you remember how it once was?" The answer was, "Yes, but that has no validity now." This has occurred for seven mornings and it takes place now even as I speak.

ANSWER: Do you like it?

QUESTION: There is a part of me that does not but if I were to project myself in time, in the future or the past. I would not like it. Now, most of me is satisfied.

ANSWER: Keep on going.

QUESTION: Where?

ANSWER: You will find out. When you have no interest, do not force yourself. Do exactly as you wish. Let it go. Accept it. There is absolutely no outside reason. The only reason is inside and when that is not there, you cannot make it. I say, "I am glad that I do not have to work." It is alright. But remain truthful to yourself. Don't fool yourself. "I have no interest": keep on saying that and accept it. Do not wish to change it. I have to have a belief that something in me will exist. I do not know how strong it is. When it becomes apparent, it will be even without my wishing it. It is like pushing a child to the piano. If he were left alone, he could become a great musician. The possibility of killing that what is of a different kind of world within me is very great if I try to force something. It will ~~xxxx~~ rebel and conditions will be only too glad to kill it. Mother nature surrounds you with something telling you that you do not need it. Then, gradually, you start to believe that you do not need it. Someday a realization will come that you need work.

QUESTION: It is as if something in me is dead and there is no mourning I don't understand it.

ANSWER: You don't have to understand it. Do not even try. This is what I mean by acceptance. Maybe you will be bothered by it.

QUESTION: I think that it is a realization of a habit: if my five minutes in the morning are successful then I don't care about life and vice versa.

ANSWER: Do you believe that?

QUESTION: Yes.

ANSWER: Keep having that thought. Don't avoid these thoughts. There is a belief that it will not last but it has to live itself out and you must not impose on it. Try to see that it will fall when there is a form of life on the other side. Work can only exist when there is a

real desire and necessity. I have to have the strength of ~~character~~ character regarding my wish, to be honest. If you can, keep on coming. It is also quite right not to come. No one forces you. It is your life. You will not be content with it if you can continue to expose yourself to coming. You have an ~~inner~~ hope that will be your saving grace. There are many reasons, not one, why this conditions exists. Do not worry about it.

QUESTION: (Bobbie Kaffer) I would like a task.

ANSWER: What do you do during the day?

QUESTION: I do housework and I help with my husbands work. I go shopping in the afternoon.

ANSWER: Take that as a task to be awake from the time you go out of the house until the time you come back. As you go out of the door and when you enter the store try to be aware of yourself. Try to see yourself picking out groceries. Next week, tell me where you failed. That is the only way that I can know if you do it. You have to ~~be~~ be awake while you do these things.

If one realizes that one is a child, then one works.